

REPORT DOCUMENTATION PAGE			Form Approved OMB No. 0704-0188	
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1. AGENCY USE ONLY (Leave blank)		2. REPORT DATE 17 February 1993		3. REPORT TYPE AND DATES COVERED
4. TITLE AND SUBTITLE Injury Risk Factors Among Male and Female Army Trainees			5. FUNDING NUMBERS	
6. AUTHOR(S) Nicole S. Bell and Bruce H. Jones				
7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) U.S. Army Research Institute of Environmental Medicine Natick, MA 01760-5007			8. PERFORMING ORGANIZATION REPORT NUMBER	
9. SPONSORING/MONITORING AGENCY NAME(S) AND ADDRESS(ES)			10. SPONSORING/MONITORING	
			19960419 082	
11. SUPPLEMENTARY NOTES Abstract presented at American Public Health Association 121st Annual Meeting, San Francisco, CA, 24-28 October 1993				
12a. DISTRIBUTION/AVAILABILITY STATEMENT Approved for public release; distribution is unlimited			12b. DISTRIBUTION CODE	
13. ABSTRACT (Maximum 200 words) This study documents incidence of and risk factors for injury among women and men during 8 wks of Army Basic Training. Participants were 745 trainees (293 women, 452 men). Data included demographics (age, race, sex), anthropometrics (HT, WT, %Fat), fitness scores (pushups, situps, run time) and injury incidence. Injury data were obtained by review of every participant's medical record. The crude relative risk (RR) of injury, for women v men, was 2.1 (60% injured v 29%) and the crude RR for time-loss injury was 2.3 (42% v 19%). There was a significant trend of increasing injury risk for successively slower quintiles of run times (women: risks, fast to slow= 46%, 57%, 62%, 71%, 67%, MH trend p=.005; men: risks, fast to slow= 21%, 21%, 30%, 33%, 41%, MH trend p=.0005). Adjusted RR for women vs men, stratified on run time, was 1.4 (p=.01). In a logistic regression model containing Age, Race, Sex, Ht, %BD, Situps, and Run Time, only Run Time was significantly associated with odds of injury per se may be less important than physical fitness in predicting injury among very active young adults.				
14. SUBJECT TERMS risk factors, injury, women, men, Army, trainees, fitness			15. NUMBER OF PAGES 1	
			16. PRICE CODE	
17. SECURITY CLASSIFICATION OF REPORT Unclassified	18. SECURITY CLASSIFICATION OF THIS PAGE Unclassified	19. SECURITY CLASSIFICATION OF ABSTRACT Unclassified	20. LIMITATION OF ABSTRACT UL	

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Title Injury Risk Factors Among Male and Female Army TraineesAuthor(s) Nicole S. Bell and Bruce H. Jones

Intended for publication in _____

Intended for presentation before APHA 121st Annual MeetingLocation San Francisco, CADate Oct 28, 1992

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INJURY RISK FACTORS AMONG MALE AND FEMALE ARMY TRAINEES

Nicole S. Bell, M.P.H., Bruce H. Jones, M.D.

This study documents incidence of and risk factors for injury among women and men during 8 wks of Army Basic Training. Participants were 745 trainees (293 women, 452 men). Data included demographics (age, race, sex), anthropometrics (HT, WT, %Fat), fitness scores (pushups, situps, run time) and injury incidence. Injury data were obtained by review of every participant's medical record. The crude relative risk (RR) of injury, for women v men, was 2.1 (60% injured v 29%) and the crude RR for time-loss injury was 2.3 (42% v 19%). There was a significant trend of increasing injury risk for successively slower quintiles of run times (women: risks, fast to slow= 46%, 57%, 62%, 71%, 67%, MH trend p=.005; men: risks, fast to slow= 21%, 21%, 30%, 33%, 41%, MH trend p=.0005). Adjusted RR for women vs men, stratified on run time, was 1.4 (p=.01). In a logistic regression model containing Age, Race, Sex, Ht, %BF, Situps, and Run Time, only Run Time was significantly associated with odds of injury (OR=1.2 per min., p=.02). The data suggest that gender per se may be less important than physical fitness in predicting injury among very active young adults.